



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Preißler, Lothar

Club: 100 Marathon Club
Number: 31

Course: 100.00 km
Thüringen Ultra

Category:
Männer M60

Total time: 15:21:29

Speed: 6.51 km/h
Running performance: 9:13 min/km

Rank in course/Total: 151 (of 187)

Rank in course/Men: 132 (of 163)

Best time in course: 8:09:36

Rank in category: 5(of 7)

Best time in the category: 11:14:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	23.96	3:30:29	8:47	7	57:30	158	1:35:52	23.96	3:30:29	8:47	5	57:30	139	1:16:13
Floh-Seligenthal	26.92	4:17:00	9:32	7	1:26:53	160	2:13:46	50.88	7:47:29	9:11	5	2:24:23	139	2:21:29
Finsterbergen	24.12	4:19:20	10:45	7	1:28:20	145	2:14:16	75.00	12:06:49	9:41	5	3:52:43	134	6:02:01
Fröttstädt	24.83	3:14:40	7:50	3	14:25	55	1:22:55	100.00	15:21:29	9:12	5	4:07:08	136	8:03:44